How to Connect Physical Activity to Psycho-social Support?

An Van de Putte
An overview

• The disaster
• Psychosocial aspects
• How can sport and physical activity help to build up their lives?
• Games
• Project in South Africa
Natural disaster

Tsunami; Hurricane; earthquake; ... 

Volcano Etna in Sicily in Italy
Conflicts:
Disaster caused by human being
Poor people, bad houses; taking drugs
Parents, my sisters and I were volunteers in a centre to support this people.

I have learned a lot about diversity
Centre for families where domestic violence happen. A lot of children have been sexually abused. I was responsible for the activities of the children when they had vacation or after school.

- 25/11/ 2013:
- International day against domestic violence
An 8 year old boy said to me: Oh, An, these animals are a women and a men. He was a witness of domistic violence between his parents.
8 year old boy

• What to you say to this boy?
• How can you explain that these animals are not a women and a men?
• Is it necessary to explain it to the boy?
School in Antwerp

• A lot of students from another country or another origin
After the lesson, the Mouslim students came to me and said: “we didn’t learn something? I said:” Oh, no?” Students: “No. We didnt’ learn how we can defense ourself when we were fighting.

Defense motor skills
Defense motor skills

• The students had learned to control their aggressive behaviour.
• Respect each other
• You don’t fight after the lesson: defense motor skills.
Post-disaster

-after the period of impact
-rebuild their lives

Thoughts, feelings, physical sensations and behaviour can all be influenced by the experience of traumatic event.
Psychosocial effects

• Include systems that affect different levels of function such as **cognitive** (perceptions and memory necessary for thought and learning), **affective** (emotions) and behavioural.

• Social effects refer to **relationship, family and community networks**, and **economic status** and how these have changed.
Sport and physical activity in post-disaster intervention
How can sport and physical activity help build resilience?

Participating in sport and physical activity can lead to a number of positive health benefits in any situation for people of all ages and abilities.

- more than teaching sport skills
- safe environment to share their emotions (verbal and non-verbal)
- communicate with each other
- focus on cooperation and social function
Project South Africa township: street children
Physical activity after school

Signs:
- After School 14:30-17h
- Music Circus Games
- 8 year till 18
After School
Catholic Limburg University College

• Department of education:
  In school and sport activities

• Department of social work:
  Students work with persons with a disability.
Including people
Practice
Dance

- Walking and use all the space
- Walking and say goodbuy to another person
- Go to a place from someone else
- Go to a place from someone else but on a different way
- A newspaper and work with a partner
Hokey pockey

You put your right hand in,
You put your right hand out,
You put your right hand in,
And shake it all about,

You do the hokey pokey
And you turn yourself around
That’s what it’s all abound.
Dance and sing

- Circle: Hokey Pokey
- Groups: body instruments
- Group: traditional game

- What are you doing when a child is standing at the back of the group and doesn’t do anything?
Parachute games

1) Big bang: we are lifting the parachute 1,2,3 and we lift the parachute together.

2) Everybody steps in two steps.

3) With balls.
Parachute games

Throw the parachute away

1,2,3

Go
Parachute game

• We lift the parachute
• Sit under
• Tell a joke
Wave wall

• Make a wave
Parachute game: ball surfing

• Wave with balls (or balloons)
• A big ball
• A smaller ball
• ....

• If you have many balloons you can make popcorn
Parachute game

• In the middle is a hole.
• Try to put the ball into the hole
Parachute game

• Lift the parachute
• Leader: says two names
• These persons change from places
Parachute game

- A person lies down on the parachute (not on the hole)
- The others wave the parachute
- You can also walk with the parachute
- Then the storms begins
- How does it feels?
Parachute volleyball

- 2 parachutes.
- The first group throw the ball to the other parachute.
- They try to catch the ball.
Parachute game

• Cat and mouse
• The mouse is under the parachute. The cat is upside the parachute.
• We wave the parachute, so the cat can’t see the mouse.
• The cat tried to cath the mouse.
Parachute: race against the time
Parachute games

• Why are we giving parachute games to these children?
parachute

• Promotes teamwork
• All the players have contact and see each other
• No losers
• No competition
• Focus on playing
• Everyone can play (different abilities, with disabilities and all ages)
Juggling: warming up

- Three balls and one diabolo.
- You defend your diabolo and ball.
- Throw the ball to a diabolo from someone else.
Juggling with one or two balls

- Throw- throw- fall- fall
- Throw-throw-catch- catch
Peer tutoring

- Method train the trainer
- Three adult coaches
- 2 went to another township
- We have a problem to train this people
- Now, we train the children (peer tutoring, give feedback to each other)
- They learn the activities to other children.
Dance
Hokey Pokey
Dance
Sing
Game: pick-up-sticks
Game: pick-up-sticks
Be creative
Be creative
Game: Twister
Be creative
Be creative
Be creative
Hand made twister game
Jump rope
Jump rope
Bike inner tube
follow the leader
Game like draw a rope
Throw with a bike inner tube
Throw with a bike inner tube
Goose game from the shop
Be creative: goose game
Be creative: goose game
Be creative: goose game
An exercise for the goose game
An exercise for the goose game
An exercise for the goose game
Assistance from the other children
An exercise for the goose game: skiing
An exercise for the goose game: skiing
An exercise for the goose game:
Game with a balloon
Game with a balloon
Soccer
Circus
Circus

Why circus activities?
Why?

• These children like all the colours.
Circus activities: Physical development

• hand-eye coordination
• balance
• Cardio-vasculair
Circus activities: emotional development

Gives children a great sense of accomplishment and the performance we teach give them something to become incredibly proud.

we teach that mistakes is an important part of learning, which helps the children become more rounded in how they value themselves, improving not only their self-confidence and self-esteem, but the outlook they have on their journey through life.
Circus activities: educational development

• This program has been to support the educational growth of all the children we teach.

• It helps children perform better at school, by increasing the quality of their concentration, patience and giving them more motivation to succeed.
Circus activities: Social Development

• Many of the skills we teach involve working as a team.
• This has impact on other areas of the children’s lives, such as their interpersonal skills and how they participate in group activities.
• The transformation we have seen since a child started circus activities is “MAGIC”
My student and diabolo
Diabolo
Diabolo
Stilts: home made
Combination juggling and stilts
Balance: home made
Home made
Home made
Home made
Balance: home made
Juggling
Juggling
Juggling with 3 balls
Juggling: home made
Board run
Board run
Pyramid
Pyramid
Pyramid
Pyramid
Pyramid
Thanks for your attention!

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